



Photo by SrA. Jeff Capenos

Straining against the weight...

SSgt. Don Graver, 494th Fighter Squadron weapons element specialist, pulls one more set of crossovers during his weight lifting workout Tuesday in the gym.

3rd AF soars past Marines

**By Capt. Steve Nierman
3rd AF Rugby Club teammate**

The 3rd Air Force Rugby Club outgunned the U.S. Marines from Navy London 41 - 3 in their first interservice match Dec. 21.

The Air Force Eagles jumped an early lead thanks to a try from stand-off Dave Bjore. Bjore scored three tries against the Marines and was player of the match. Winger Brent Noisette also had two tries, including an 80-meter sprint early in the second half.

Although the Air Force continued to score at will during the second half, the Marines' scored late in the game as the result of a 40-meter drop-kick. But, that didn't stop prop Tony Ramirez, who banged through five Marines for a try with just minutes remaining. Also Brian Lord made four of six kicking conversions and a three-point penalty kick.

The 3rd Air Force team's season extends through March. For matches times, call club secretary Jeff Shangle at (01638) 533913.

Sports Shorts

In-line hockey registration

RAF Mildenhall in-line hockey registration begins Wednesday. The season begins March 8 and a clinic is 4 - 7 p.m. March 7. Cost is \$25 for the first child registered and \$20 for each additional child. The youth sports director is also looking for coaches for the sport. For more information, call Gary Vicsik at 89-2990

Jets play this weekend

The USAF hockey team, the Jets, play the Chelmsford Chargers at 5 p.m. Sunday at the Peterborough Ice Arena. There is no cost for admission. For directions, call the rink at (01733) 260222. For more information about the game or the Air Force team, call SSgt. Jeff Barr at Ext. 3090.

Swimming pool

The swimming pool is closed Monday from 6:45 - 8:30 p.m. for training.

The pool offers free lap swim to active-duty members weekdays during lap swim sessions. Lap swim sessions are: Mondays, Wednesdays, Thursdays and Fridays 6 - 8:30 a.m., 11:15 a.m. - 1:30 p.m. and 5 - 6:30 p.m. and Tuesdays from 6 - 8:30 a.m. and 5 - 6:30 p.m.

The swimming pool offers lifeguarding classes from 9 a.m. - 9 p.m. Jan. 18 and 26. The course costs \$100 and includes books.

Participants must be 15 years or older and must pass swimming pre-test.

Lessons are also available for children and adults. Registration for the next children's lesson sessions is through Feb. 4, with classes beginning Feb. 5. Adult classes are from 8 - 9 p.m. Tuesdays and Thursdays.

Call Ext. 2815 for more information.

Fitness instructor certification

The fitness and sports center offers a fitness instructor certification training program Feb. 15 - 17. The course includes personnel fitness, aerobics, choreography and adult CPR. Register by Jan. 20. For more information, call Lorraine Botwright at Ext. 2391.

Aero club classes

Private pilot ground school begins Tuesday. The accelerated class is from Saturday to Jan. 26. The instrument class begins Feb. 4. Tuition assistance is available for those qualified. Block flying time is as low as \$36 per hour. For more information, call Ext. 3152.

Ski or tour Garmisch

Information, Tickets and Tours and outdoor recreation sponsor a skiing or touring package to Garmisch, Bavaria Feb. 15 - 23. Sign up by Saturday. For prices and more

information, call Ext. 2979 or 2146.

Liberty Lanes

Liberty Lanes offers a Winter Wonderful 30-game punch card for \$25. The cards are valid until Mar. 31 and may be used any time. Call Ext. 2108 for details.

Feltwell aerobics

The RAF Feltwell aerobics program is not offered at this time due to personnel changes. For more information, call Ext. 2221.

Water aerobics instructor

The swimming pool staff seeks a qualified water aerobics instructor. Classes are 6:45 - 7:45 p.m. Tuesdays and Thursdays. Call Arthur McKay at Ext. 2815 for more information.

Varsity bowling roll offs

Varsity bowling roll offs begin Monday at Liberty Lanes for bowlers stationed at RAF Lakenheath. The top four men and women in this tournament will represent Lakenheath at the United States Air Forces in Europe bowling championships in March. This is a scratch tournament and each bowler is required to bowl 24 games. Sign up at Liberty Lanes by Sunday. For more information, call Ext. 2108.